

# Some key findings on linking health and education, from our projects

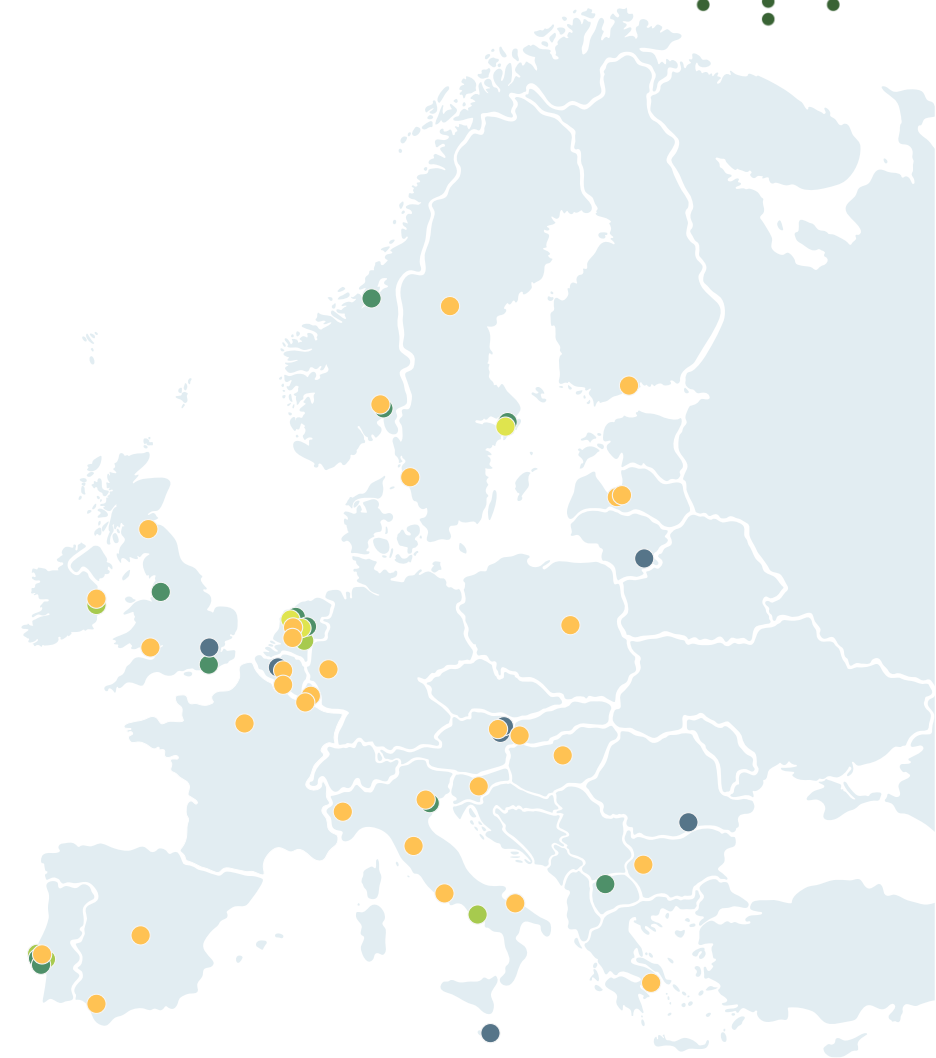
**Ingrid Stegeman**

[i.stegeman@eurohealthnet.eu](mailto:i.stegeman@eurohealthnet.eu)

ECTMIT Conference

*Intersectoral working among education and health:  
from words into actions*

22 November, 2023



# EuroHealthNet

The Partnership for Health,  
Equity and Wellbeing

Help build a sustainable, fair  
and inclusive Europe

Tackle health inequalities  
between and within European  
states



# Importance of School Settings

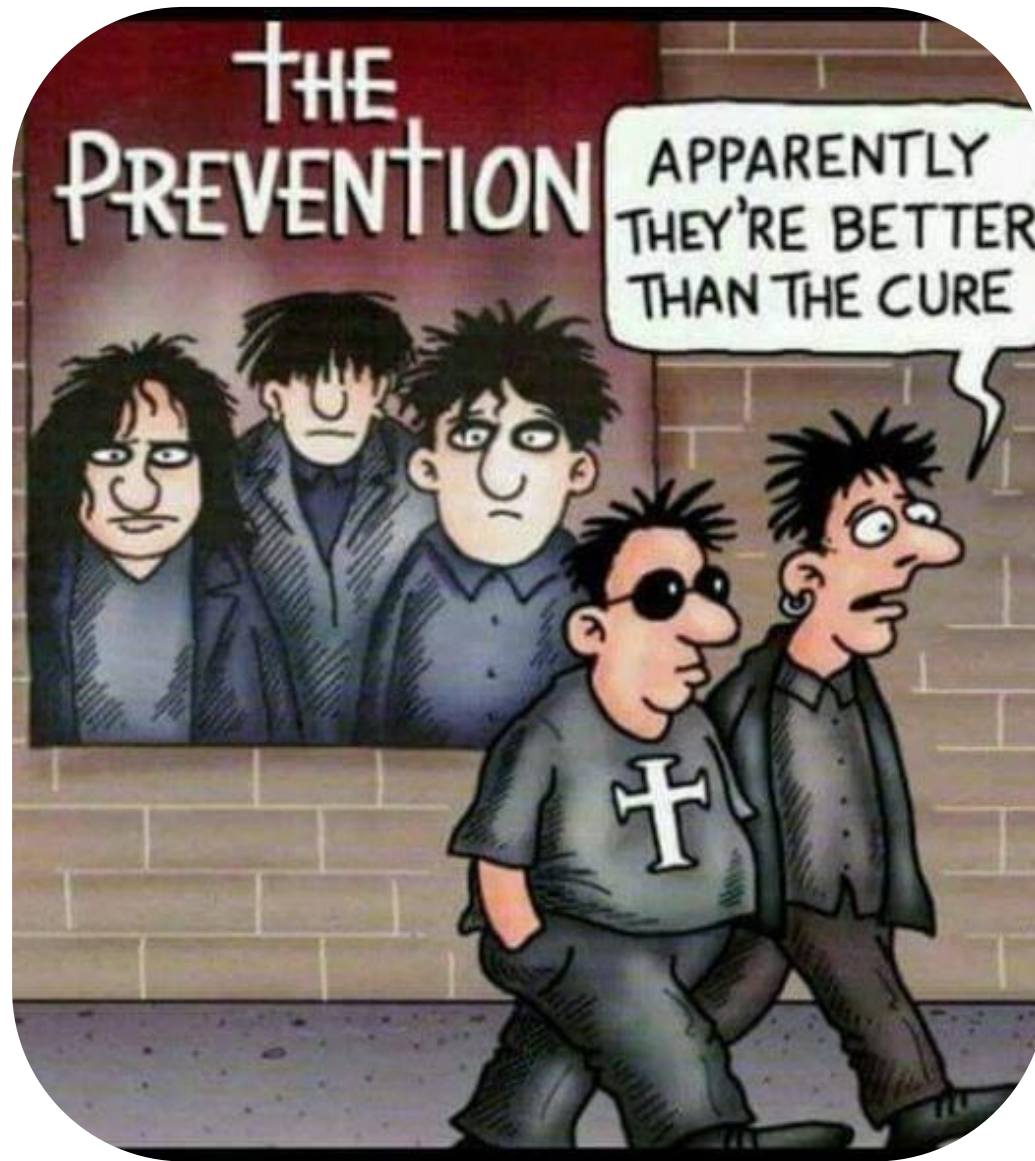


**80%** of NCDs are linked to unhealthy lifestyles, including physical inactivity and poor nutrition.

By **2035**, **18%** of girls and **20%** of boys globally will be overweight or obese

Up to **20 %** of adolescents experience mental disorders; **5-10 %** in high-income countries attempt suicide. **3/4** of mental health problems appear before the age of 14.

**Investments in health promoting school approaches are a key!**



SUMMARY

## Health for All Policies



Working together for Health  
and Well-being



[Crossing Bridges \(2011-2012\) | EuroHealthNet](#)

## Collaboration b/w education and health very hard to achieve. It requires:

- A willingness to change, try new approaches, possibly adapt structures, for greater efficiencies
- Leadership at government and organisational level in terms of relevant mandates and regulations
- Well informed, committed people that champion the approach and have good communication, negotiation and relationship building and management skills, and who can build trust
- A willingness to learn the language of others, and “what is in it for them”?
- Good data/evidence, that can be employed to raise awareness and identify common goals, and for accountability
- A willingness to give headline credit to another sector, and to reconsider one’s own role, and what success looks like



# CHRODIS+

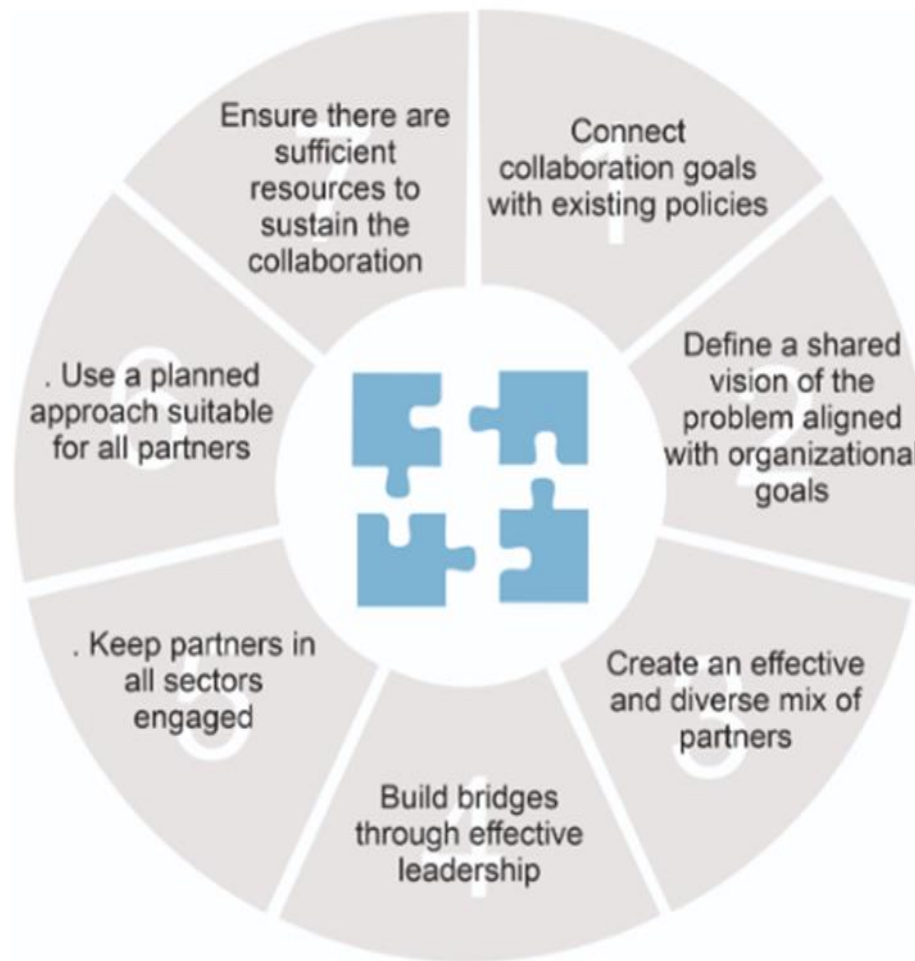
Transfer and implementation of  
good practice in health promotion  
(2018-2020)



## Key learning relating to intersectoral collaboration:

- **Leverage existing policies and resources** (address established policy needs, ensure sufficient support at policy and administrative level, ensure staff have the skills and motivation required and the time to implement relevant initiatives.)
- Establish health promotion in schools as a **professional development opportunity**
- **Make it fun and** invest in creating ‘communities of good practice and exchange’

Stegeman, I, Papartyte, P, Lounamaa, A, Savolainen, N. [Recommendations for the Implementation of Health Promotion Good Practices](#), CHRODIS PLUS, June 2020



-van Dale, D., Lemmens, L., Hendriksen, M., 1, Rogers, H., Savolainen, N.  
[Recommendations for intersectoral collaboration for health promotion and disease prevention](#). CHRODIS PLUS, June 2020.



# Schools4Health

*An EU4Health-funded project (2023-2025) which aims to introduce, strengthen, and sustain the adoption of a health promoting school (HPS) approach and other whole school approaches to health.*



VLAAMS INSTITUUT



Schools for Health in Europe



Junta de Andalucía  
Consejería de Salud y Consumo



NNGYK  
NEMZETI NÉPEGÉSZSÉGÜGYI  
ÉS GYÓGYSZERÉSZETI KÖZPONT



Rijksinstituut voor Volksgezondheid  
en Milieu  
Ministerie van Volksgezondheid,  
Welzijn en Sport



# Schools4Health – Key activities

## Practice

Applying a **participatory approach**, the project will work with approximately 16 schools and their communities to transfer and implement **6 practices across the themes of good nutrition, physical activity and mental health.**

## Policy

**Understanding the policy context** on health promotion in school settings, bringing together key stakeholders through: rapid policy situation analyses and national roundtables in partner countries, **European seminar in Brussels (31 January 2024)**

## Engagement

- **Online information campaign** on the value of the HPS approach
- Concise toolkit for policymakers
- Guidelines for health practitioners
- Knowledge exchange among partners through thematic working groups / “communities of practice” following project
- Discussions on possible Schools4Health accreditation process



Online Hub now live on  
**[schools4health.eu](https://schools4health.eu)**

# From 'add on' to 'add in'



## INTERVENTION STRATEGIES

- 1.- Emotional learning
- 2.- Healthy life styles (physical activity & healthy eating)
- 3.- Self-care & risk of accidents (CS) / Sexuality and equal relationships (FIAE)
- 4.- Positive use of information and communication technologies
- 5.- Prevention of addiction

Didactic guides

Recommended resources

Each school:

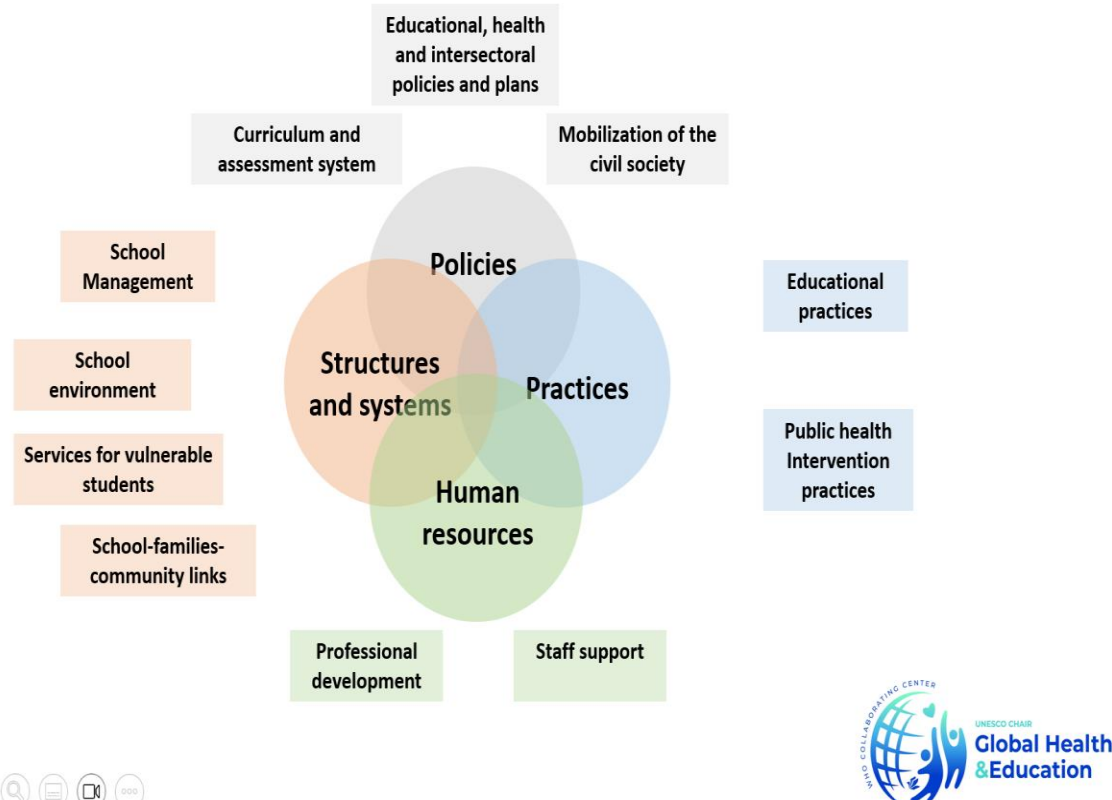
Health  
Promotion  
Team



Annual  
action plan

- Teaching Coordination Team
- 8 Provincial Commissions
- Regional Commission

# Next steps:



- Transfer & exchange of good practice, knowledge and experience
- Build coalitions and contribute to the HPS/ whole of school approach to health

*As key to shift towards:*

- Wellbeing Economies/One Health =  
Enabling all people to live well within the means of the planet (by strengthening investments in human and social capital)





## ***Innovating health and education***

**“Because children and youth who feel better, do better.”**

**-- SAVE THE DATE --**

31 January 2024

Venue: [Hermann Teirlinck building](#), Tour & Taxi,  
Brussels, Belgium

**<https://www.schools4health.eu/>**

# Thank you



## Contact us

Ingrid Stegeman, Programme Manager  
[i.stegeman@eurohealthnet.eu](mailto:i.stegeman@eurohealthnet.eu),

## Follow us



EuroHealthNet is supported by the European Commission, through the EU Programme for Employment and Social innovation (EaSI 2014-2020)